

## ABSTRACT OF THE DISCLOSURE

A method of rate control between a first and second communication terminal supporting a plurality of data rates, the method including the steps of: receiving, at the second terminal, a signal transmitted at one of the rates from the first terminal via a forward channel; and determining an optimal one of the rates to be used by the first terminal for a subsequent signal to be transmitted to the second terminal based upon a maximization of the throughput to the second terminal given a channel state of the forward channel and a cost associated with a change in rate. In some variations, the method may be performed in the downlink of a system including the first terminal and multiple remote terminals. In some variations, the method is performed at the remote terminals in a distributed fashion.